

## Mix and Match Movement chart

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**Choose** a direction with a kind of movement from each list below.

Click on the music links on this week's menu or choose your favourite song.

Try the movement while going in the direction you chose,

<b>Directions</b>	<b>Kinds of Movement</b>
Forwards	Bending
Backwards	Stretching
Sideways	Twisting and turning
Diagonal	Jumping
	Rising
	Sinking